



## Division of Environmental Health Services

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## Measures to Prevent the Spread of Communicable Disease for Food Facilities and Their Patrons

The primary defense in preventing communicable disease (i.e. Influenza A H1N1- commonly known as Swine Flu) is maintaining good personal hygiene. San Bernardino County Department of Public Health, Division of Environmental Health Services recommends the following precautions to minimize potential disease transmission:

- **Wash your hands as often as necessary to prevent possible contamination of food, equipment, utensils and contact surfaces. Proper handwashing is the single most effective means to prevent the spread of disease (See reverse side for proper handwashing procedures).**
- **Employees experiencing flu-like symptoms should stay home and avoid contact with co-workers and the public. Symptoms may include fever, runny nose, cough, sneezing, nausea, or body aches.**
- **Avoid touching eyes, nose, and mouth.**
- **Ensure proper sanitation of multi-use customer utensils (i.e. silverware, plates, cups, glasses). Check for proper sanitizer levels at dishwashers and utensil sinks.**
- **Ensure sanitation of all food contact surfaces (i.e. cutting boards, food preparation tables)**
- **Ensure sanitation of customer area. It is recommended that employees sanitize tables, booths, chairs, restrooms, door handles and other public contact surfaces as often as necessary.**
- **Please encourage customers to practice proper hygiene (i.e. handwashing before and after a meal; covering nose and mouth with a tissue when coughing or sneezing).**

We encourage you to stay current with all public health and safety information by visiting the Department of Public Health's website at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph).

Public Health will continue to closely monitor the situation and will provide more information to the public as it becomes available.

Additional information on Swine Influenza is available at the U.S. Centers for Disease Control and Prevention website at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) or by calling 1-800-CDC-INFO. Information is also available from the California Department of Public Health website at [www.cdph.ca.gov](http://www.cdph.ca.gov).

**We thank you for your continued efforts in promoting these precautionary measures to minimize risk to public health and safety.**

MARK UFFER  
County Administrative Officer

Board of Supervisors  
BRAD MITZELFELT.....First District      NEIL DERRY.....Third District  
PAUL BIANE.....Second District      GARY C. OVITT.....Fourth District  
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# Handwashing Procedures

1

Wash hands with hot water.

2

Apply one tablespoon of soap from soap dispenser and lather up to the elbow.

3

Create friction by rubbing hands together for at least 20 seconds (sing your ABC's or Jingle Bells).

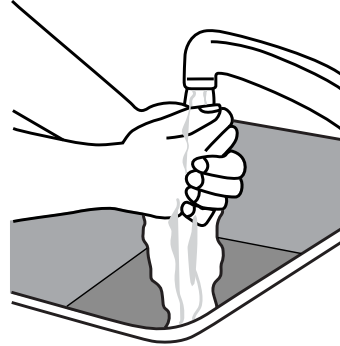
4

Wash all surfaces on hands, fingers and wrists, around and under fingernails, around rings, and as high up on the arms as possible.



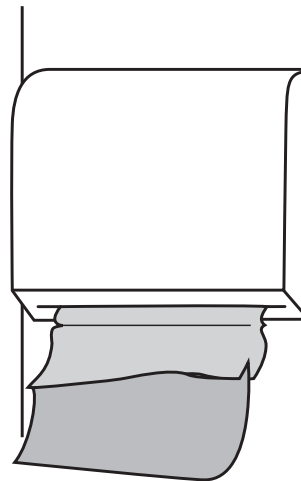
5

Rinse thoroughly under running water.



6

Dry with paper towels or hot air dryer.



7

Turn off faucets while holding paper towels.

## Always wash hands thoroughly:

- before returning to food preparation activities.
- after visiting restrooms.
- after taking a break.
- after touching hair, face, money, trash or dirty dishes.

For more information contact



County of San Bernardino • Department of Public Health  
DIVISION OF ENVIRONMENTAL HEALTH SERVICES

Visit our web site: [www.sbcounty.gov/dehs](http://www.sbcounty.gov/dehs)

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